



NorthStar News

March 2004
Volume 2, Issue 1

Welcome to the NorthStar News. The staff and coaches of the NorthStar Club hope that each player and parent takes time to read this informative newsletter.

Thank you,
Coaches and Staff

Head Coach
Darrell Rogers

U13 - NS92
Reggie Rix

U14 - NS91
Christine Coil

U15 - NS91
Darrell Rogers

U16 - NS89
Randy Ward

U18 - NS87
Jim Furstenberg

U19 - NS86
Darrell Rogers

Treasurer
Jay Berger

Administrative Coord.
Linda Rea

TRYOUT DATES:

NS-92
Mon & Weds 5:30-8 p.m.
June 21 & 23

NS91
Tues & Thurs 9:30—Noon
June 22 & 24

NS90
Tues & Thurs 5-7 p. m.
June 15 & 17

NS89
Mon & Weds 6-8 p.m.
June 21 & 23

NS87
Tues & Thurs 3-5 p.m.
June 15 & 17

NorthStar Alumnae News

by Darrell C. Rogers
Head Coach - NorthStar Soccer

In last year's article in this newsletter on NorthStar alumnae, we printed the names and colleges of many of the NorthStar players from teams that have graduated NorthStar and moved onward and upward. This year I thought it might be interesting to share some qualitative information about a couple of players.

Hanna Johnson (NorthStar82) and Kali Rellinger (NorthStar85) do not know each other. Both played on Premier League championship teams, Hanna as a center middle and Kali as on outside middle. Both were NorthStar captains. Hanna started her college career at NCAA Division I IU-PUI (Indiana University/Purdue University at Indianapolis) and had a mixed playing experience (read: challenges with coaching) – although a great team experience. Hanna is now attending MSU and is head coach of a U14 girls team for Capital Area Soccer. Kali Rellinger is playing at Division I Lipscomb University (Nashville) and carrying a 4.0 GPA

So, with their permission, the following are some selected email excerpts from "the world after NorthStar" from these two players:

Hanna : ... My class load is pretty light, but that made me think I would have lots of time so I took on a bunch of other things, so yeah, it's busy. I am still coaching a U-14 girls team, and that is going well...it has been quite an experience. On Feb. 7th the club is bringing in Kristine Lilly to do some clinics and be the speaker at our annual club meeting, I should get to meet her, which is very cool :) My team had an "end of the season party," and my captains and I made paper-plate awards for all of the girls. Some of the plates had big words...like anticipator (not sure if that is a real word actually,) but anyhow, the girls had to learn a bunch of new words. One of them looked at me and said, "Hanna, why did you have to use all these big words?" All I could think of was Lauren Gentry, and you telling us that you were increasing our repertoire (I have no idea if that is how that word is spelled) with those big words you used. So I told her I was increasing her repertoire :)

Kali: Well, school started Tuesday and the ball is definitely already rolling. Lots of new and exciting reading and homework materials to keep me busy. Soccer started yesterday with running the Sebcoe (multi-ball and endurance field test) again, and I passed with flying colors. Also we

have started lifting three times a week for an hour and a half. Wow! Hard stuff...I will have huge muscles!!! Dustin who is new friend here at school has been going out with me each night to play for like an hour or so. I learn lots because he is really good, yet I am getting touches and teaching him stuff too. Its fun! I have to run off to class now though.

Hanna: (after Kristine Lilly spoke to her adopted club) ...she talked about mostly how things have changed since she started playing soccer. Girls now have goals and women to look up to, she talked about how excited she was and that the field was growing, and that the girls now knew what they could work for. She also talked a lot about how important family and support is in achieving your goals, and that you just need to be the best YOU can be, and it is most likely not who someone else is. In other words, people are made to fill different roles, Mia Hamm is good at things that aren't Kristine's strongest areas, and Kristine is good at things that Mia isn't as good at, and that is the way it is supposed to be.

Kali: Hey! Well, classes are still going good except for the fact that I have no motivation to go to chemistry today because it is 60 degrees and sunny out right now, and I really just want to play soccer instead! I won't miss class but I really, really want to. ... it is gorgeous out right now and I really want to kick it! I have been thinking a lot about getting my coaching license and so I think over the summer I will do one of the certification courses. If you have any info, please send it my way!?

Hanna: (when asked about her coaching style)... I am quite sarcastic with my girls, we joke a lot, but I think the girls know - I make it clear when it's time to be serious. I also yell a lot more than you did...I am trying to work on that, but I can't seem to shut up...I do try to keep most comments instructive or generally positive, though. I never thought I would use any form of punishment with my team, but the benefits of some conditioning or strength building (push-ups/sit-ups) have become increasingly obvious. It is a God-send that I have as good a team manager as I have...I would be lost without his help, no question.

Kali: I definitely plan on training as much as possible with the 86's (summer of '04), but around working and taking a couple of courses over the summer I don't know if I can make all of them. But you better believe I'll try to!!! I am tentatively planning on graduating in three years vs. the normal four because I transferred in so many credit hours from Advanced Placement stuff. It works out that if I take two or so courses this summer and with my planned study abroad next summer, I will get done early with my undergraduate studies. I believe I

want to go straight onto at least my masters and thereby exhaust my last year of eligibility that way!!

Hanna: Coach, ... I have a current frustration for which I would take any suggestions. My girls are improving, and we are just finishing an indoor session. My team was split into two because 18 is too many to put on one indoor team. Both teams did really well initially, but now, their last few games, we've looked

terrible. The girls looked lazy, they played like they didn't care, and I am having a really hard time trying to figure out what to do now. I have some thoughts but most of them would require having a sit down with the whole team, and it doesn't seem like we can ever get everyone in the same place at the same time, nor do we have a great place to do it (my apartment is a bit cramped.) Other ideas are that maybe the girls are

getting a little worn out on soccer...but we so badly need the touches and practice that I don't want to cut that out, and I do not know how much more time the girls and their parents, and I, have to put into other things. Right, so any ideas would be helpful.

Just a small slice of college and adult life after NorthStar. Of course, if Hanna or Kali decide to come back to northern Michigan when they join the working world full-time, they will be welcomed back with open arms – this time as NorthStar staff! I have their new “staff” polo shirts on order already!

A special THANK YOU to business managers, treasurers, and parent volunteers. You make the task of 'coaching' your daughters easier for all of us.



NorthStar 91

Courtney Ackley
Kelsey Bartosek
Maddisen Coil
Julie Doherty
Helene Dryden
Emily Entz
Jessica Heger
“KC” McCary
Kelyse McKeon
Kelsey Minor
Catlin Orschel
Jenn Pulcifer
Alison Shrift
Natalie Sutherin
Carolyn Vlach
Kelly Wendels
Chelsea White
Lorin Zelenski

Coach
Christine Coil
Team Trainer
Reggie Rix
Business Manager
Dana Entz

The Day Before Soccer

by Julie & Sue Doherty, NorthStar 91

T'was the day before soccer and all across KeyStone not a player was stirring – not even a cone. The shin guards were flung in the corner without care, with no hope of ever breathing fresh air. The balls were all nestled and snug in their bags, while scores of foregone matches remained such a nag... When out on the field there arose a great clatter that out flew the players to see what was the matter. But, what to their wondering eyes should appear, but a big giant net and new soccer rain gear. With a little old ball that was lively and quick, for a brief moment they thought they were going to get sick. More rapid than eagles, by doves they arrived, amongst chitter and chatter; the coach was concerned with the latter. As they drew in their hands and shuffled their feet, they knew in a day they would not see defeat. They looked to the left and then to the right, but their coach was nowhere in sight. It was then that they knew practice wouldn't start till the next night.

NorthStar 91

by Julie Doherty

This was the first year that any of us played for a select team. Our first practice we were so quiet it is hard to believe that it was we there, compared to our practices now. We played our first game at the Petoskey tournament and realized how much different it was than recreational games. As we went on, each game we played continued to be an improvement. Our fourth game, not including the tournament games, Coach told us she had a good feeling. She encouraged us and pointed out how much we improved. We saw for one of the first times just how much we had come together. We not only improved by working on our skills, but trusting each other. We won that game 4-0. That win was just what we needed to remind us that we could do anything we set our minds to. We then went on to tie the only two undefeated teams. To sum it up, this season we learned about our abilities, teammates, and ourselves. I for one learned that there is more to goalkeeping than just blocking shots and became a much better keeper, thanks to our goalie trainer, Keyton Wheelock. Our team trainer, Reggie Rix, also helped us at practices and games. With our newfound encouragement and team spirit, I believe we ended one great season and are looking on to an even better one in the spring.

Captains and Chemistry

by Coach Jim Furstenberg, NS87

Team Chemistry is a tough thing. It is not any one thing..... there is no "BIG BANG" and then..... WHAM...you have it. It is a bunch of little things added together, piece by piece, that makes the whole. It's grown over time and needs/ deserves to be very carefully watched, guarded, and protected for the creeping in of "disease." Team Chemistry is precious, and the guardians of it are the Club, the Coach, the Team Captains, the team members, and the parents.

"Disease" can erode team chemistry, little by little, until gradually there is sickness and/or death. This disease is tricky; it has many forms... bad attitudes, parental and individual jealousy, the pre-Madonna attitudes, lack of leadership, people with their own agendas, teammates who are selfish and not willing to pay the price for collective success, etc. There are numerous ways team chemistry is broken down.

That's why when you have a great team...and a great club ...it's AWESOME. I do not mean a "successful" team in the win-loss record, but a team that plays for and cares for each other. That's a beautiful thing.

Team Chemistry starts with LEADERSHIP. Who is doing what and when? How does the coach, the captains, your teammates, your parents, and YOU respond when events or behaviors happen that are damaging to team chemistry?

What is your team's expectation of behavior? How do you or should you act towards each other? Have you discussed this together? One of the NS87 expectations is that we will NEVER cut each other down, no matter how bad the game or how bad you are playing or how bad we are losing. NO MATTER WHAT the situation is - we will never demean each other or put each other down.... period. We have played against and watched teams that do that to each other ...it is not pretty. Every time we see that, we look at each other and recommit to each other that we will never do that!

Can you express your team's behavior standards? What are the expectations for the team/for yourself? What happens when someone breaks the standard? What is the response..do you respond individually or as a team? How is it addressed? Tough questions...but worth finding answers to.

There is a great handout in your NorthStar notebook for your next team meeting/discussion. It's *The 6 Ways for Effective Feedback*. Your team should read it and try to implement those 6 Ways. That will help start setting the standard and expectation of how to communicate to each other in an effective way.

NS87 has played teams like Vardar, Kingdom Reserves, TKO, Alaska State Champs, North Dakota State Champs, etc.,. These teams have had a collection of great individual talent; someone from the outside looking in would assume that because of their great individual talent and their national recognition that they should/would walk all over us.... yet this has not been the case because, we too, like them, have great individual talent, but our greatest strength is that

we

Work towards Completing each other - not Competing with each other.

This is the fuel that powers our team chemistry; this is the heart of who/what we are. This heart helps us to overcome tough times, bad games, and, yes, it fuels us against those intimidating teams that have great individual talent...but no collective heart or team chemistry.

Captains play a huge role in team chemistry. They are expected to be leaders on and off the field. Being a captain is not/should not be a popularity contest. These players are not captains because they feel they are "entitled" to it because they are the senior players. Sometimes captains are not even the "best" players. And believe it or not, sometimes captains may not "start" in a game. It does not matter how long you have been on the team or what your playing ability is; the best captains have and use great leadership skills.

Captains are those players - those individuals - who have demonstrated leadership in all they do. Their leadership is based on their ability to influence and to LEAD BY EXAMPLE. That's what leaders do....they take the high road and always try to demonstrate that for their teammates. They are the first to "sit out," the first to put a teammates wants ahead of their wants, and the first to sacrifice themselves for the betterment of the team or the growth of a teammate. THAT'S what a captain is. It is not a popularity contest. Popularity is no substitute for leadership.

But.....It's just way too cool to wear a captains band, right? Well, it may be cool to some, but there's more to it. Captains have to be willing to risk great personal exposure by making decisions that are sometimes not popular. A Captain is the person that will step up and take that risk. They step up and correctly confront a teammate whose behavior is NOT in line with the team's mission and goals and doing it when it happens. Saying things like.... "that's not how we treat each other"... "Come -on we/you are MUCH better than that"...etc. A good captain understands that risk, and, more importantly, they are WILLING to face and make those tough decisions for the overall betterment of the team and the experience.

Confronting those areas is TOUGH...and the job of leader/captain is TOUGH....yet that is what the team and coach should expect from a captain who is doing her job. When there is an infraction worth a yellow card or red card and there is no one person to give it to? Guess who it goes to?, You're right - it's the captain. Crazy, you say? The captain was not even involved, you say? And, yes, this may be the case, but it is still the captain who has to pay the price for the team. That's what a captain does...steps up and takes responsibility - not only for herself but for ALL of the team.

Great captains are critical to great team chemistry.

A team's heart/chemistry is worth striving for and protecting. Find your team's heart!! and chances are you will see a team with great leadership and great team chemistry while they

Work towards Completing each other— not Competing with each other.

“The minute you settle for less than you deserve, you get even less than you settled for.”

Maureen Dowd

“A horse may be coaxed to drink, but a pencil must be lead.”

Stan Laurel

“A friend is someone with whom you dare to be yourself.”

Frank Crane

“Trying to be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Ralph Waldo Emerson

“The journey is the reward.”

Chinese Proverb

“Whether you think you can or whether you think you can't, you're right!”

Henry Ford

“Never look down on anybody unless you're helping them up.”

Jesse Jackson

“You're only given a little spark of madness, you mustn't lose it.”

Robin Williams

“And now here is my secret, a very simple secret; it is only with the heart that one can see the rightly, what is essential is invisible to the eye.”

Antoine de Saint-Exupery

“Weakness of attitude becomes weakness of character.”

Albert Einstein

NS 89 Theme Song “On the Road Again”

Coach Ward

Enthusiasm, commitment, dedication, and positive attitude are the adjectives that describe NS 89. **Well Done, Ladies!** Parents—thank you for your commitment, sacrifices, and sharing your daughters.

In total, NS 89 played five games within their age group, winning three with the rest against older teams; final record was 10 wins and 7 losses, but more importantly, NS 89 competed from beginning to end of each match, and all players developed in both the technical and tactical aspects of the game.

NS 89 played in the Cherryland Invitational Tournament (CIST), the Petoskey Autumn Blast, and in the inaugural season of the Michigan Premier Alliance. This resulted in our dusting off that Willie Nelson CD, *On The Road Again*, as all competitions were away!

After only four training sessions, NS 89 went undefeated at CIST in the preliminary round. Winning goals were scored from free kicks (Emma Budros), struck from 27 yards out (Erica Olson). Advancing to the finals, NS 89 played well—keeping the score close until a couple of late goals by the opponents. Lauren Kamps (co-captain) made a spectacular conversion to fullback, and the tone was set for the start of a very positive season.

Playing in the Petoskey Autumn Blast and drawing TWO early morning games, the team's trademark became “What time did you say coach for warm-ups, 6:45 a.m.?”

Playing in ‘fall’ horizontal rain and really nasty wind (and traveling a total of 600 miles one weekend), the team saw goals by Whitney Hees, Shasta Gibbs, Courtney Gullon, Mariel Dryden, and Kelsey Rosinski's; outstanding goalie work by Alyssa Budros and Lauren Pishney, midfield magic by Katherine Ward, Grace Guba, and Ashley Ackley, and an anchored defense with Rachel Lowing (co-captain) and Tina Potter.

On Being a NorthStar Player

The NorthStar program has been a great experience for me. Along with the technical and tactical skills I'm learning, come team building, camaraderie, and great experiences traveling to different cities and states. It has helped mold my character into someone who is independent, dependable, organized, and compassionate of others. The NorthStar program gets involved with community volunteering. Being on the NorthStar team has helped me realize how fortunate I am to live in an area that has such an awesome program with the many great Coaches who give their time, knowledge, and patience in molding me into a better person.

Tina Potter, NS89

A Road Warrior's Thoughts



Coming from Gaylord, I have a long ways to drive to get to practice, plus games and tournaments. I owe a lot to my parents for taking their time to drive me to T.C, every week (several times a week). They know how much I

love the sport & just want to play. I love the competition, and driving as much as we do is worth it. (I always have to work out on our off-days to keep in shape!). I do my homework in the car (usually), so I always get it done for sure since we have around one hour and 15 minutes—one hour and a half drive, one way. The time and effort we all put into being on NorthStar is huge, but definitely worth it! Even though I have only been on the team for a short time, the experience has been awesome and the people I have met have been really nice.

It is an honor to be on NorthStar and be involved with a great team that works together really well!

Whitney Hees, NS89



NorthStar Instructional League 2004

NorthStar recently completed its 10th year of NorthStar Instructional League! This is a very special event where older NorthStar players coach, mentor, and play alongside young (9-12) non-NorthStar soccer players in a fun, competitive atmosphere. During six Friday evening sessions in January and February a different technical or tactical skill is emphasized. The older NorthStar players, our "staff," are given a small team which they are responsible for coaching and mentoring for all six weeks. They demonstrate the skill under the guidance of NorthStar coaches and then give continuous coaching and encouragement to their team – with special emphasis on the topic of the session. The staff this year was very impressive. They looked and acted in a positive, professional and poised manner. It was clear by observing the way they interacted with their teams and how their players responded that they have made a positive and lasting impact on those young players.



We are all very proud of these ladies!

